

NEWSLETTER

For some time now, you have enjoyed the benefits of receiving free and low cost medicines through our **SenioRx Prescription Program**. The **Alabama Department of Senior Services** is proud to announce its partnering with the **Alabama Department of Public Health** in bringing you the new **SenioRx/Wellness Program**.

As of **January 1, 2007**, we have added an additional benefit to **SenioRx Program** by offering you not only information but also guidance on healthy living and the benefits of increasing physical activities. It is a most enjoyable program designed especially for you and your entire family.

You will receive guidance on subjects such as:

- (1) A Healthy Lifestyle for Eating and Being Physically Active**
- (2) A Healthy Weight**
- (3) Calorie Awareness and Portion Control (Food Labels, Portion Sizes)**
- (4) Limiting Fat: Use other Seasonings (Good and Bad Cholesterol, Cooking with Herbs)**
- (5) Physical Activity and Hydration (Walking programs, Elements to Prevent Chronic Disease and Obesity)**
- (6) Diabetes (Diet with Food Labels & General Diabetes Information)**
- (7) Fast Supper Meals (Meal Planning)**
- (8) Osteoporosis**
- (9) Blood Pressure Control, Lifestyle Maintenance, Eating on a Budget and more**

You can participate as much as you choose to in this wellness program, we feel you will gain so much from the sessions that you will come back repeatedly.

The program is a self-reporting wellness program aimed at helping you reduce risk factors associated with your illnesses. We know that Alabama ranks above the national average in chronic illness such as heart disease, hypertension and diabetes. We hope to build on our commitment to reduce fatigue and pain, to promote better health and wellness, to teach medication management practices, and to improve the quality of life for Alabama's older population that depend on life-sustaining medications.

For more information, contact your **SenioRx Coordinator's name** at **1-800-AGE-LINE (243-5463)**.